

HEALTH PSYCHOLOGY MINOR

The Health Psychology Minor (HPM) has been created for non-psychology majors who wish to gain foundational knowledge and skills to utilize psychological principles in the assistance of a variety of persons to enhance their health as well as their compliance with strategies for healthier life choices.

Code	Title	Hours
Required Courses		
BIO 140 or BIO 340 & BIO 341	Survey of Human Anatomy and Physiology Human Anatomy and Physiology I and Human Anatomy and Physiology II	4-8
HPW 180	Introduction to Health and Wellness	3
PSY 140	Introduction to Psychology	3
PSY 372	Cognitive Behavioral Psychology	3
PSY 374	Physiological Psychology	3
Select two of the following:		6
HPW 228X	Sport and Wellness Psychology	
PSY 240	Human Sexuality	
PSY 250	Contemporary Issues Psychology	
PSY 255	Psychology of Addiction	
Total Hours		22-26